**Special Happenings this Month!**

We'll celebrate Thanksgiving on our monthly Party that is always on the 3rd Thursday (November 17th) of the month. We’ll be serving the traditional holiday meal. Please register for the party.

**﻿Voices of Experience Music Program is Back!**

Wednesday November 2, 2023 11:00 AM

**Medicare Open Enrollment Period**

Begins October 15th to December 7th each year, you can join, switch, or drop a plan.

Kelly Murray, ESQ -- New York legal Assistance Group--NYLAG will be here at the center on **Wednesday, November 2nd 2022 at 10:00 AM** to provide you with an explanation of the Open Enrollment Process and to answer your questions.

Individual appointments are available but you must come into the center and sign up for an appointment

**Calming Moments**

Come join us in learning about ways to **RELAX** & **EASE STRESS**

**Thursday, November 3rd**--learning about the Mind and Body Connection and

**Thursday, November 10th**--Learn strategies in the here and now that can decrease stress

Both sessions start at at 10:00 AM and are led by Sally Bruhim, Common Point Queens

**American Mah Jong Class Instruction**

With Linda Fisher

Monday, November 28th

Tuesday, November 5th &

Monday December 12th

**Coming Soon**

Silver Sneakers Classes to resume soon after a long break.

We will let you know the class schedule as soon as we get confirmation from the Catalpa YMCA

**In Person Program Schedule**

**Monday**

[**Arts& Crafts  -**8:30 AM to 3:00 PM](https://app.constantcontact.com/pages/campaigns/email)

**Chair Exercise**-10:30 AM

**Bingo**  -     12:30 PM

[**Computer Lab   -** 1:00 PM](https://app.constantcontact.com/pages/campaigns/email)

**Ping Pong**  -    1:30 PM

**Tuesday**

**Staywell Exercise**  - 10:00 AM

**Bingo  -**      12:30 PM

[**Computer Lab  -**1:00 PM](https://app.constantcontact.com/pages/campaigns/email)

**Tai Chi** -   11:00 AM

**Ping Pong**  -  1:30 PM –

**Wednesday**

**Bingo** - 10:00 AM & 12:30 PM

**Voices of Experience Sing-A-Long** **-** 11:00 AM

**Computer Lab**  -  1:00 PM – 3:00 PM

**Ping Pong-**    1:30 PM

**Thursday**

**Arts& Crafts**   -   8:30 AM

**Chair Exercise** - 10:00 AM

**Zumba** -11:00 AM

**Bingo**  - 12:30 PM

**Computer Lab -**  1:00 PM

**Ping Pong**  - 2:30 PM

**Friday**

**English Conversation Class**-10:00 AM

**Line Dance Class-** 10:00

**Staywell Exercise** -11:00 AM

**Bingo**-  12:30 PM

**Computer Lab**   - 1:00 PM

**Ping Pong** -1:30 PM

﻿Selfhelp Virtual Program Schedule

**On Selfhelp's Virtual Senior Center**

**Tuesday**

10:00 - **Chair Yoga**with Rosemarie

11:00 - **Selfcare Class**withRosemarie

1:00 - **Tai Chi** with Tack Chu

**Thursday**

1:00 **Tai Chi**with Tack Chu